

OKINAWA MARINE

JANUARY 15, 2010

WWW.OKINAWA.USMC.MIL



Drumline leads way

From left to right, Cpl. Michael Babiuch, Cpl. Andrew Ariza and Cpl. Stefan Budricks, all percussionists with the III Marine Expeditionary Force Band, perform during the 45th annual Japan Self Defense Force Marching Festival in Tokyo, Nov. 19-20. The drumline sets the tone and keeps the other instruments in a synchronized rhythm using a constant beat. **SEE PAGES 6-7 FOR STORY AND PHOTOS** Photo by Cpl. Monty Burton

BITS training improves situational awareness

Lance Cpl. Abigail M. Wharton

OKINAWA MARINE STAFF

CAMP FOSTER — Back in the Saddle, or BITS training, is required for all Marine Corps commands as directed in Marine Corps Order 5100.29A. BITS will be offered on Okinawa through the Marine Corps Safety Program starting today.

The training will take an out-of-the-box approach by featuring speakers who went through traumatic or life altering experiences in the workplace, said Daryl Avery, supervisory occupational safety and health specialist, Installation Safety Office, Camp Foster.

The purpose of BITS is to get service members back into the mindset of safely carrying out duties and recreational activities, Avery said.

Since Marines tend to be more relaxed and unaware of their surroundings after the holiday season, leading to more accidents, Marine Corps leadership developed BITS to get service members back into a safety mindset, Avery commented.

The target audience is active duty service members,

SEE **BITS** PG 4

MWSS-172 takes first place in Toys for Tots unit challenge

Lance Cpl. Kentavist P. Brackin

OKINAWA MARINE STAFF

CAMP FOSTER — The coordinators for the Marine Corps Reserve 2009 Toys for Tots campaign on Okinawa recognized the 1st, 2nd and 3rd place winners of the Marine Corps Bases Japan Toys for Tots Unit Challenge, Jan. 6.

"We just collected toys, everybody gave a toy out of the kindness of their hearts," said Sgt. Omar Pizarro, the unit representative for the challenge and a supply chief for Marine Wing Support Squadron 172, Marine Wing Support Group 17, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

Pizarro accepted the first place award on behalf of his unit, who raised the collection of 490 toys, the most ever to date by any unit on island.

Sgt. Maj. Timothy M. Robinson,

sergeant major for Marine Corps Air Station Futenma, accepted the second place award for Headquarters and Headquarters Squadron MCAS Futenma, who raised 306 toys.

More than a dozen other units participated, collecting a total of 2,023 new toys throughout the unit challenge, according to Gunnery Sgt. Suzette S. Smith, the Toys for Tots coordinator for the 2009 Okinawa campaign and an individual mobilization augment for III MEF. The campaign on Okinawa has reached its conclusion, but not without exceeding the goal of collecting 13,000 toys with a final count of 23,069 toys.

"I had no idea we would get this many," Smith said. "Not only did we surpass our personal goal of 13,000 toys, we were

SEE **TOTS** PG 4

IN THIS ISSUE

MAKING TRACKS

Off-road remote control vehicle park opens at Courtney, brings enthusiasts of all ages.

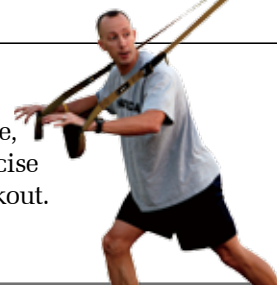
PG. 8



FEEL THE BURN

Use own body weight to gain muscle, strengthen core. Total resistance exercise training offers versatile, full body workout.

PG. 12



Security treaty with Japan stands test of time



Robert D. Eldridge, Ph.D.

The Treaty of Mutual Cooperation and Security between the United States of America and Japan, was signed 50 years ago this month, on Jan. 19, 1960.

In fact, the U.S.-Japan security relationship goes back much further. Indeed, we can trace the origins of the

security treaty to 1947 when representatives of the Japanese government requested “a specific [security] agreement” vis-à-vis their U.S. counterparts.

This brief essay explores the early history of the bilateral alliance, a relationship that a former Marine, educator, Senate Majority Leader, and Ambassador to Japan (1977-1989), Michael J. Mansfield, called “the most important bilateral relationship, bar none.”

Exactly two years after the Allied occupation of Japan started in September 1945, the Japanese government began to question the ability of the United Nations—then in its infancy—to guarantee Japan’s security following a future peace treaty, which had been their assumption for much of their peace treaty planning. They were increasingly concerned about the effect the dawning of the Cold War would have on their security prospects.

United States officials, including those in Japan, such as Lt. Gen. Robert Eichelberger, were also concerned. As the commanding general of the 8th Army, based in Yokohama, Japan, Eichelberger asked the Foreign Ministry’s representative in Yokohama what plans Japan had for its future security. Eichelberger told his counterparts that he was scheduled to return to Washington, D.C., for several months and wished to discuss the issue with policy makers there.

The following day, Eichelberger was handed

a four-page memo in English explaining Japan’s thinking. In it, Foreign Minister Ashida Hitoshi explained that Japan desired, “the conclusion of a specific agreement between Japan and the United States, by virtue of which the former’s defense is entrusted in the hands of the latter.”

It is unclear what happened to this proposal in Washington, but it seems to have been a few years premature. The United States was in the process of reexamining occupation policies for Japan at the time, and exploratory U.S.-Japan discussions on a peace treaty and security treaty would not begin until mid-1950.

“It is the mutually shared values—democracy, human rights, rule of law—which have been the glue for our two countries for more than the past half-century.”

One thing that moved the discussion along was a request in April 1950 by Prime Minister Yoshida Shigeru, a former diplomat and foreign minister himself, that the United States consider maintaining forces in Japan following a peace treaty. Until that time, opinion was divided within the U.S. government on the question but Japan’s proposal broke the deadlock.

Yoshida was a firm believer in the importance of the U.S. security umbrella and the eventual U.S.-Japan security treaty. He thus supported the earlier idea of former Foreign Minister Ashida for a bilateral security arrangement but felt that Ashida’s proposal (of contingency basing) did not go far enough. For deterrence to work, Yoshida understood, U.S. forces had to be stationed in

Japan; anything else would create a dangerous security vacuum.

Interestingly, most Japanese citizens are unaware today that the bilateral alliance and the U.S. presence were both requests that originated from the Japanese side.

There are several reasons why Yoshida looked to the United States. First, Yoshida saw Japan’s interests and future prosperity inherently linked to its relationship with the United States and the West. Japan’s prosperity, historically, was based on cooperation with the West, not on confrontation. Second, as a war-devastated country, he believed it was important to focus on economic growth and avoid large defense commitments that could bankrupt the country. These tenets became the pillars of the “Yoshida Doctrine” that allowed Japan to become the number two economic power in the world in the postwar—light rearmament, focus on the economy, and cooperation/alliance with the United States.

Eventually, following several months of discussions, the first U.S.-Japan security treaty was signed on Sept. 8, 1951, in San Francisco, moments after the Allied peace treaty with Japan, allowing Japan to return to community of nations, was signed.

While the security situation may have required the United States and Japan to come together at that time and keeps us together today, it can be said that it is the mutually shared values—democracy, human rights, rule of law—which have been the glue for our two countries for more than the past half-century.

Eldridge serves as the Deputy G-5, Marine Corps Bases, and was a tenured associate professor of Japanese political and diplomatic history at Osaka University from 2001-2009. He translated the memoirs of one of the participants in the events above, published as Secret Talks between Washington and Tokyo: The Memoirs of Miyazawa Kiichi (Lexington Books, 2007).



FACT CHECK

BASEBALL CAP

Q:

When in civilian attire can a baseball cap be worn any other way than straight forward?

A:

Never, according to Marine Corps Bases Japan/ III Marine Expeditionary Force Order 1050.7, hats and ballcaps will be worn square on the head, bill facing forward, as intended by design and reflecting the professional image of this order’s intent.

Sent my opinion story to
Okinawa Marine

- Constructive opinion or interesting story with wide audience appeal
- Between 400 700 words
- Okinawa Marine reserves the right to choose appropriate material or edit as necessary

OKINAWAMARINE.MCBB.FCT@USMC.MIL



The Okinawa Marine is published by Marine Corps Community Services under exclusive written contract with Marine Corps Base Camp Smedley D. Butler, Okinawa, Japan.

The editorial content of this newspaper is edited and approved by the Consolidated Public Affairs Office of Marine Corps Base Camp Smedley D. Butler.

This newspaper is an authorized publication for members of military services stationed overseas, at sea and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Marine Corps and do not imply endorsement thereof.

The appearance of advertising in this newspaper, including inserts of supplements, does not constitute endorsement by the Department of Defense,

the U.S. Marine Corps, Marine Corps Base Camp Smedley D. Butler or Marine Corps Community Services of the products and services advertised.

Everything advertised in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

All photos, unless otherwise indicated, are “official U.S. Marine Corps photos.” For more information, e-mail us at okinawamarine.mcbb.fct@usmc.mil or write to us at Public Affairs Office, H&S BN MCB PAO, Unit 35002, FPO AP 96373-5002.

COMMANDING GENERAL Maj. Gen. Mary Ann Krusa-Dossin

PUBLIC AFFAIRS DIRECTOR Lt. Col. Douglas M. Powell

PRESS OFFICER 2nd Lt. Jordan R. Cochran

PRESS CHIEF Staff Sgt. Marc Ayalin

DESIGN EDITOR Audra A. Satterlee

OKINAWA MARINE NEWSPAPER
H&S Battalion MCB PAO
Unit 35002
FPO AP 96373-5002

CENTRAL BUREAU
Camp Foster
DSN 645-7422

NORTHERN BUREAU
Camp Hansen
DSN 623-4054

U.S. economy makes Marines consider re-enlistment options more seriously

Lance Cpl. Antwain J. Graham

OKINAWA MARINE STAFF

CAMP HANSEN — For Marines nearing the end of active service, it's time to face the issue of staying in or getting out.

With a failing economy and declining job market in the United States, re-enlisting is a decision all Marines should consider, said Staff Sgt. Nishman N. Huffman, the career planner for Headquarters and Service Battalion, Marine Corps Base Camp Butler.

"The economy is unstable right now, and steady jobs are harder to attain," Huffman said. "A lot of times, a Marine will get out and later realize he misses having a guaranteed paycheck on the first and fifteenth of each month."

According to an employment situation summary released by the United States Department of Labor in November, there were 15.4 million unemployed people in the United States, and the unemployment rate hit 10 percent. In the months prior, job losses averaged 135,000 a month.

Employment fell in construc-

tion, manufacturing and information industries, while jobs in temporary help services and health care increased.

People working part-time jobs for economic reasons numbered 9.2 million. These individuals worked part-time because their hours at another job had been cut back or they were unable to find a full-time job, according to the release.

Knowledge of this economic crisis tempts some service members to reenlist.

Sgt. Kenneth Buffer, a supply clerk with the Provost Marshall's Office, H & S Battalion, Marine Corps Base, hadn't always planned to reenlist, but as economic issues rose in the United States, Buffer's concern for the financial security of his wife and infant daughter increased.

"With the way things are looking with the economy now, I can't get out and not have a way to support my family," said Buffer.

Marines reenlist for numerous economic reasons, Huffman said, pointing out that financial stability, education benefits, healthcare benefits and a steady

paycheck appeal to most service members.

For those who don't plan on re-enlisting, it is important to have a plan to ensure a smooth transition into the civilian world.

"Education and experience is the key," Huffman said. "Having a college degree will better your chances of obtaining a job once you are discharged. It's also a good idea to have a job lined up prior to your end of active service date."

Service members who plan to reenlist should start making moves at least a year from their EAS dates, Huffman said.

"It's harder to get back into the service once you get out," he explained.

According to the 2009 Marine Corps Concepts and Programs manual, the Corps continues to retain enlisted Marines, both first term and subsequent term careerists, but seeks to keep only its best-qualified Marines.

"It is a competition to stay in the Marine Corps, because you will be looked at alongside everyone else in your field trying to reenlist," Huffman said.

Once Marines decide they want to reenlist, they must be screened for qualification.

They do this by submitting a Reenlistment/Extension/Lateral Move request.

The RELM request is a four-page document that covers all prerequisites for retention, including proficiency and conduct marks, duty station options, records checks and personal recommendations from the Marine's command.

The request goes through a career planner and is sent to Headquarters Marine Corps. The career planner is then able to track the request.

Once the request is approved, the career planner can inform the Marine of his or her reenlistment incentives, to include bonuses, their duty station options and time frame for transfer.

Reenlistment may not be the original plan for some service members, but it is definitely a viable option considering today's job market.

For more information on reenlisting, contact your unit's career planner.

Toxic when not managed

Recycling hazardous materials a priority

Lance Cpl. Stefanie C. Pupkiewicz

OKINAWA MARINE STAFF

OKINAWA, Japan — Managing hazardous materials are not just an aspect of work life, they should be a priority at home as well.

According to a recent bulletin from the Environmental Safety Branch, Facilities Engineering, Marine Corps Base Camp Butler, household batteries, and ink and toner cartridges for printers, are household hazardous materials that are often disposed of improperly.

Batteries contain heavy metals such as mercury, lead, cadmium, and nickel. These metals can contaminate the ground and water sources when they break down in landfills or in the environment, according to the Environmental Protection Agency's Web site.

The Web site also stated these metals are released into the air or become concentrated in ash when they are incinerated. The severity of these heavy metals impact on the environment and human health varies depending on the concentration of the toxins.

Categories of batteries containing hazardous materials include Nickel cadmium and Nickel Metal Hydride, Alkaline (the most common), and Lithium-Ion, said Scott Rankin, an environmental protection assistant with the environmental support team, Environmental Safety Branch, Facilities Engineering, MCB Camp Butler.

A single ink or toner cartridge adds chemicals, plastic and metal to landfills if they are not properly disposed of, according to the EPA Web site. Chemicals vary between cartridges but they all become hazardous waste if they are not properly disposed of.

Post Exchanges on Camps Courtney, Foster, Hansen, Kinser and Lester have drop off locations for ink and toner cartridges. In addition, batteries are accepted at the Camp Foster 24hr Shoppette, Mini Shoppette, and Commissary, Camp Kinser Shoppette, Marine Corps Air Station Futenma Shoppette and the Camp Lester Shoppette.

Battery disposal and ink cartridge recycling bins are located in front of the stores, but if none are available, patrons are advised to seek a store employee for assistance.



Batteries are common household hazardous materials that can cause heavy metals to leak into the environment if not properly disposed. Recycling containers for batteries are available at commissaries, post exchanges and shoppettes on most military installations on Okinawa.

Photo by Lance Cpl. Stefanie C. Pupkiewicz

BRIEFS**DR. MARTIN LUTHER KING DAY OBSERVANCE**

Camp Hansen is scheduled to host its annual Dr. Martin Luther King Day observance event at its base theater Wednesday at 10 a.m.

The day's schedule includes a message from Col. Craig Timberlake, chief of staff for III Marine Expeditionary Force. Organizers are still looking for volunteers to help with preparations. For more information or to volunteer, contact Staff Sgt. Tracy Miller at 623-4850.

DR. MARTIN LUTHER KING JR. BASKETBALL TOURNAMENT

The Camp Foster Field House will host a Pacific-wide Dr. Martin Luther King Basketball Tournament. The event is open to the public.

Friday 6-9 p.m.

Saturday 9 a.m.-9 p.m.

Sunday 9 a.m.-9 p.m.

Monday 10 a.m.

For more information call 645-4866.

DR. MARTIN LUTHER KING JR. PROGRAM

The Camp Courtney Chapel will host a program Wednesday from 10-11:30 a.m.

The program features a dedication, guest speaker Chief Warrant Officer 4 Keith E. Turner, and a reenactment of "the riot" from Dr. Martin Luther King Jr.'s history.

MARINE CORPS EMBASSY SECURITY GROUP RECRUITING AND SCREENING TEAM

All Marines who desire assignment to Marine Security Guard duty should attend the Marine Corps Embassy Security Group Recruiting and Screening Team at Camp Hansen's The Palms SNCO Lounge on Wednesday starting at 8 a.m., Camp Foster's Theater on Thursday starting at 8 a.m., and Camp Kinser's Surfside Jan. 22 starting at 8 a.m.

HEADQUARTERS MARINE CORPS RECRUITER SCREENING TEAM FOR NOMINEES

All Marines nominated for potential assignment of Recruiting Duty should attend the Headquarters Marine Corps Recruiter Screening Team at the Camp Foster Theater Jan. 28 starting at 8 a.m.

THE GREEN LINE HOLIDAY HOURS OF OPERATIONS

The Green Line will be on holiday hours of operation during the observance of Dr. Martin Luther King, Jr. Birthday Saturday-Tuesday.

Tomorrow 10 a.m.-midnight

Sunday 10 a.m.-midnight

Monday 10 a.m.-midnight

Tuesday 10 a.m.-8 p.m.

MARINE CORPS POST OFFICES HOURS OF OPERATION FOR DR. MARTIN LUTHER KING JR.'S HOLIDAY WEEKEND

Tomorrow - Normal Saturday hours

Parcel Pick Up - 8 a.m.-3:30 p.m.

Retail Service - 10 a.m.-3 p.m.

Monday - CLOSED

Tuesday - Normal Saturday hours

Parcel Pick Up - 8 a.m.-3:30 p.m.

Retail Service - 10 a.m.-3 p.m.

Contact 637-0124 for questions.

TAX CENTER AVAILABLE FOR SERVICES SOON

The Tax Center will be open for business beginning Feb. 1 aboard Camp Foster at the Legal Services Support Section, building 437. The hours of operation will be 8 a.m.-4:30 p.m., Monday-Friday. They will accept appointments and walk-ins.

Call 645-3065 for more information.

TO SUBMIT A BRIEF, send an e-mail to okinawamarine.mcbb.fct@usmc.mil, or fax your request to 645-3803. The deadline for submitting a brief is noon every Friday. The Okinawa Marine reserves the right to edit all submitted material.

H1N1 vaccine readily available

H1N1 vaccine remains readily available at the U.S. Naval Hospital Okinawa on Camp Lester and its branch clinics throughout the island.

According to hospital officials, there is plenty of vaccine for anyone that wants it. The shot is available to anyone eligible for care at military health care facilities in Okinawa.

Family members are encouraged to

get immunized against the H1N1 flu, particularly if they are pregnant or have an underlying health condition. The vaccination is required for Active Duty personnel.

Active duty members can direct questions to their unit medical personnel. Family members, retirees, and DoD civilians can contact their primary care provider, or call USNH Public Health at 643-7622.

TOTS FROM PG 1

able to distribute more toys to eligible recipients. Just seeing the joy and excitement on a child's face was very rewarding due to the generosity of our donors.

Smith continued, "collecting 23,069 toys is very satisfying. I knew we would have some unit participation but not this much," she said. "The challenge was so successful because of individuals who represented their unit like Sergeant Pizarro. Without them and their dedication, the campaign would not be as successful."



During an awards ceremony, Jan. 6, Sgt. Maj. Timothy M. Robinson, left, sergeant major for Marine Corps Air Station Futenma, Sgt. Omar Pizarro, middle, a supply chief for Marine Wing Support Squadron 172, Marine Wing Support Group 17, 1st Marine Aircraft Wing, III Marine Expeditionary Force and 1st Sgt. Charles W. Weeks, company first sergeant for Headquarters Company, 7th Communications Battalion, III MEF Headquarters Group, III MEF, received plaques for their unit's participation in Marine Corps Bases Japan Toys for Tots challenge. Photo by Lance Cpl. Kentavist P. Brackin

BITS FROM PG 1

Department of Defense civilians, and the local national workforce, with the priority on active duty service members.

"I hope that everyone will make time in their busy schedules to attend this vital training," Avery said. "Use the information passed to their advantage and more importantly, share the knowledge they gained with others."

Preparing BITS for all of Marine Corps Bases Japan takes about seven months, Avery said. Finding a speaker for BITS, obtaining funding, scheduling training locations and developing training pack-

ages are only a small part of the overall preparation.

For Avery, the work is well worth any accidents that will be prevented.

"I truly believe this safety training reaches a number of personnel to the point where they look at safety and risk management from a positive perspective," Avery said.

"To be honest it's extremely difficult to know or measure how many deaths and injuries this training prevents but what we do know, if it prevents one mishap from occurring then the benefits of conducting it will have outweighed the costs," he added.

Back-in-the-Saddle training schedule

This safety presentation will be held at each installation for military and U.S. civilian personnel. The first hour features a motivational safety speaker who will help reinforce/reinstall core safety values within the workforce. The second hour will be used to present Headquarters Marine Corps recently released Semper-Ride video.

The dates and times are below:

Today:

- Camp Schwab Theater, 7:30-9:30 a.m.
- Camp Hansen Theater, 10 a.m.-noon, 1-3 p.m., 3:30-5:30 p.m.

Wednesday:

- Camp Foster Theater, 7:30-9:30 a.m., 10 a.m.-noon, 2-4 p.m.

Thursday:

- Marine Corps Air Station Futenma Gym, 8-10 a.m., 1-3 p.m., 7-9 p.m. (open to shift workers only)

Jan. 22:

- Camp Courtney Gym, 7:30-9:30 a.m.
- Camp Kinser Theater, 10 a.m.-noon, 2-4 p.m.

US Naval Hospital provides tools for recovery from eating disorder plight

Lance Cpl. Stefanie C. Pupkiewicz

OKINAWA MARINE STAFF

CAMP LESTER — A new multi-disciplined eating disorder support group is being established at the U.S. Naval Hospital Okinawa.

The group will integrate the expertise of a physician, dietitian and two therapists to aid pre-screened participants in redeveloping their body image and relationship with food.

The course is scheduled to start Feb. 8 from 1:30 to 4:30 p.m. and will last for 13 weeks.

To be a participant in the group, Status of Forces Agreement personnel must be pre-screened to ensure their participation would be the most prudent means for them to receive help.

Symptoms of eating disorders include yo-yo-

ing weight, severe weight loss or severe weight gain, or they may have no obvious symptoms at all, said Navy Lt. Stephanie Clapper, dietitian for the eating disorder support group, and the head of nutrition management for the U.S. Naval Hospital, Okinawa.

"If you suspect something don't try to assess it; get a professional involved," said Navy Lt. Danyell Brenner, a therapist for the eating disorder support group and the clinical social work division officer with the mental health clinic at the U.S. Naval Hospital, Okinawa.

The group arose from the idea of a cooperative environment necessary to ensure the recovery of patients with eating disorders, Clapper added. She began to refer patients she saw in her practice as a nutritionist to Brenner

who reciprocated the action.

"It kind of just developed into a triage of sorts," Clapper said.

"It seemed natural to formalize and structuralize the actions to ensure that the practice continued even after Clapper and she left," Brenner said.

There are times when commands will refer Marines, sailors or airman to get them help, but there are also a lot of self referrals according to Clapper.

Eating disorders can lead to a lot of complications including death, and should be taken very seriously, Brenner added.

"If you need the services, just make the phone call," Brenner said.

For more information contact 643-7722.,

1st MAW honors nominees during annual awards dinner

Lance Cpl. Stefanie C. Pupkiewicz

OKINAWA MARINE STAFF

CAMP BUTLER OFFICER'S CLUB — The 5th Annual Marine Corps Aviation Association Awards Dinner for the 1st Marine Aircraft Wing, III Marine Expeditionary Force, was held here, Jan. 7.

The dinner was sponsored by the Joe Foss Squadron, the local chapter of the MCAA, and featured representatives from Marine Corps Air Station Iwakuni and Marine Corps Base Hawaii who accepted awards on behalf of their units and individuals in addition to the Okinawa-based awardees.

Lt. Gen. Terry G. Robling, commanding general of III MEF was the guest speaker at the event and spoke from his own experiences as an award recipient and as a commanding officer writing awards for his Marines.

"They've got to pick the best of the best," Robling said of the job of commanding officers.

He went on to explain that these nominations are ultimately good because it increases the pride and morale of the unit during nominations and ultimately in winning.

Maj. Gen. Raymond C. Fox, commanding general of 1st MAW, Brig. Gen. William M. Faulkner, commanding general of 3rd Marine Logistics Group, III MEF, and Brig. Gen. James B. Laster, commanding general of 3rd Marine Division, III MEF were also in attendance.

There are a total of 28 awards given out each year by the MCAA.

"Each award is named in honor of a former Marine who made noteworthy contributions in his field, with the exception of The Commandant's Aviation Trophy which goes to an outstanding squadron, and The Silver Hawk Award which is presented to the active duty Marine Aviator holding the earliest designation date," according to the MCAA Web site, www.flymcaa.org.

The awards dinner was held, according to Col. John Jansen, the squadron commander of the Joe Foss squadron, "to showcase our outstanding Marines and our outstanding units in Marine Corps aviation."

One of the Marines being honored at the dinner was unable to accept his award because of a current deployment to Iraq.

Staff Sgt. John Gibbs is serving the end of a six-month tour in Iraq, so his unit contacted his wife Takako to receive the Kenneth A. Innis Aviation Command and Control Marine of the Year award for his selection as the nominee for 1st MAW in his absence.

"I was so nervous. He told me about it, but he didn't tell me it was a big award," Takako said standing beside the commanding generals of 1st MAW and III MEF.

Gibbs is slated to return to Okinawa in February when his submission for the Marine Corps-wide Kenneth A. Innis Aviation Command and Control Marine of the Year will be appraised at Headquarters Marine Corps.



Takako Gibbs accepted the Marine Corps Aviation Association nomination for the 1st Marine Aircraft Wing, III Marine Expeditionary Force, Kenneth A. Innis Aviation Command and Control Marine award of the year for her husband, Staff Sgt. John Gibbs, who is currently deployed to Iraq. Photo by Lance Cpl. Stefanie C. Pupkiewicz

living rhythm

Story and photos by Cpl. Monty Burton
OKINAWA MARINE STAFF

Talented drumline: important ingredient in marching band

Ratta-tat-tat-tat! Ratta- Tat!
Ratta-tat tat-tat! **BOOM!**

These sounds are characteristic to the drumline of a Marine Corps marching band, but many people do not fully understand the importance of these sounds.

“**T**he drumline is the heartbeat of the band,” said Master Gunnery Sgt. Michael Montoya, the III Marine Expeditionary Force Bandmaster. “If the drumline is off, it affects the whole band.”

The drumline is an essential part of the band because it keeps the rest of the band in step during their numerous and sometimes complex formations.

“With a good drumline, there is no need to call a cadence because the drumline does it for you. We drive the band,” said Cpl. Vince Wright, the percussion section leader. “We really have to be meticulous and precise because the rest of the band depends on us.”

Montoya, who choreographs the band's performances, said he usually lets the percussion section get creative with their performance.

“I tell them what I want to see and how much time they have, and they make it happen,” said Montoya, a Virginia Beach, Va. native. “There are times I have to tell them to go back and change it, but they understand it is for the success of the whole show, so they charge ahead and get it done.”

Wright, a Memphis, Tenn. native, choreographs a lot of the percussion cadences and movements.

“Once I get the chance to sit and listen to

the music, I can come up with some good stuff,” he said. “But you can't get anywhere if you don't listen to the music.”

Three members of the III MEF band percussion section are not actually true percussionists, yet they don't miss a beat during a performance, said Montoya.

Sgt. Robert Gillespie, who is originally an oboe player, said he likes the percussion section because it offers him more of an opportunity to travel and show the world what the III MEF band is all about.

“Although it isn't what I do every day, I enjoy playing percussion because it is something different and a lot of our music doesn't need oboe players, so it gives me more opportunities to perform.”

Cpl. Michael Perkins, a guitarist, said playing percussion gives him the opportunity to learn something new.

“It gives me a chance to travel more and expand myself as a musician,” he said. “Being able to learn another instrument gives me the chance to have an overall musician's experience.”

Through hard work and dedication, the III MEF drumline continues to amaze people throughout the world with their uncanny precision and remarkable performances.

For more information on III MEF band performances contact 645-3919.



Percussionists with the III Marine Expeditionary Force Band lay down a base line in rhythm.



Cpl. Michael Babiuch, a percussionist with the III Marine Expeditionary Force Band, performs during the Ground Self-Defense Force Marching Festival in Tokyo.



Force Band practice their routine before performing in the 45th Japan Ground Self-Defense Force Marching Festival in Tokyo. The drumline keeps all other instruments



the Expeditionary Force Band, warms up during the 45th Japan Nov. 19-20. Keeping the drumline synchronized is critical to the



Percussionists with the III Marine Expeditionary Force Band, warm up during the 45th Japan Ground Self-Defense Force Marching Festival in Tokyo, Nov. 19-20. The II MEF band travels around the Asia-Pacific region performing at various events.

Miniature vehicles rally at new R/C park

“Gentlemen and ladies, start your engines.”

Story and photos by Gunnery Sgt. Cindy Fisher

OKINAWA MARINE STAFF

With those words, Col. Robert C. Clements, commanding officer of Headquarters Battalion, 3rd Marine Division, III Marine Expeditionary Force, opened Camp Courtney's newest attraction Saturday — The Hill Off-Road R/C Park.

The park, next to the Camp Courtney Mess Hall, houses four tracks for driving radio controlled vehicles.

“It is the only recreational area designed solely for this purpose on any of the Marine camps on Okinawa, and the only dedicated facility on the island,” said Master Gunnery Sgt. Robert Andrews, with III MEF, who spearheaded the project to get the park built.

Maj. Philip Tweed, who was at the park driving radio controlled tanks with his son, said about 20 years ago, there were R/C parks on most of the Marine camps here.

“Now, we're it,” said Andrews.

The project was started by “a group of like-minded individuals who decided to see if they could get this done,” Andrews said.

Assisted by Ken Hunter, Bill Igyarto, Anthony Ince and Mike Davison, all Department of Defense contractors; Jon Walden a Department of Defense Dependents School teacher; Air Force Master Sgt. Paul Geldziler; and Andrews, a long-time R/C vehicle enthusiast himself, the quest to build the R/C park started in March. The team became the driving force behind getting the proposal approved by Camp Courtney and Marine Corps Bases Japan officials.

For Andrews this was exactly what he needed to occupy his time since he came here unaccompanied, he said.

Once the project was approved,



Master Gunnery Sgt. Robert Andrews helps Tristan Parker, 4, son of Capt. Joseph Parker, race a remote control car around one of the courses at The Hill Off-Road R/C Park on Camp Courtney Saturday. A large crowd, many bringing remote control vehicles, gathered for the park's opening ceremony earlier Saturday morning. Andrews and Parker are both with III Marine Expeditionary Force.

Andrews contacted the Seabees of Naval Mobile Construction Battalion 1, home-ported in Gulfport, Miss., and deployed to Camp Shields since August.

“This was a good training experience,” said Chief Petty Officer Thomas Mills, operations chief for Company A, NMCB-1. “It had an element of fun, and it was a good

community involvement project.”

Seabee volunteers, with the help of civilian and other service member volunteers, began the project in November and finished in December. The volunteers worked weekends and holidays to get this ready, Andrews said.

Building the curves and berms of the tracks and just hauling all

the dirt into the area was a challenge, said Petty Officer 3rd Class Orlando Moore, the project crew leader.

The Seabees trucked in about 70 cubic yards of dirt for the project, he said.

Andrews said he saw a need for Courtney's park because he could only find one off-base place dedicated for remote control vehicles; the place charged a fee and was only open once a week.

The Hill Off-Road R/C Park is open weekdays, excluding holidays, from 8 a.m. until dusk, and weekends and holidays from 9 a.m. until dusk. There is no charge to use the park which is strictly self-serve, Andrews said.

The park has three dirt tracks, one is a 1/16 scale beginners course and for the more advanced fan there is a 1/10 and 1/8 scale course. The fourth course is a rock crawling area. Park rules are posted at the driver's stand in the middle of the park.

Remote control vehicles are not provided by the park but are easily available for purchase at many stores and on-line, Andrews said. Though some at Saturday's opening had spent upwards of \$1,500 on their customized vehicles, a beginner could get a very nice vehicle for a very reasonable price, about \$100, he added.

Andrews said he hopes to hold weekend races occasionally and encourages others to come out and enjoy the experience.

“We've put together something that provides a venue for local nationals, Marines, soldiers, sailors, airmen, DoD employees and their families and anyone else with base access interested in radio control vehicles, he said.

“We're all big kids at heart,” Clements said. “This is a great opportunity to try something a little different.”



The remote control car owned by Sgt. Joshua Bujalski, with the 31st Marine Expeditionary Unit, races around one of the courses at Camp Courtney's The Hill Off-Road R/C Park Saturday following the park's opening ceremony. Bujalski said with all the modifications he's made to the O'Donnell Z01-T truggy, it's cost him about \$1,500.



There are pagodas and water features positioned around the paths at Fukushu-en. The Chinese-style garden was developed by officials from Fuzhou City, China who wanted to show the connection between Okinawa and China in Okinawa's art and history. The garden replicates elements of Fuzhou's scenic spots.

Garden offers peaceful escape in thriving city

Story and photos by Lance Cpl. Stefanie C. Pupkiewicz

OKINAWA MARINE STAFF

Naha is a busy city full of things to do and see. One of the less anticipated sight seeing spots is a Chinese-style garden park tucked away within walking distance from the shopping hub of Kokusai Street.

Fukushu-en Park is a sprawling setting with winding paths that guide visitors through carefully cultivated trees and shrubbery, small exhibits in Chinese-styled buildings, tea pavilions and several interconnecting ponds and streams.

The Chinese influence, which dates back some 600 years, illustrates the close relationship that Okinawa and China has developed through time. Other sites, such as Shuri Castle, also show the remnants of the close relationship the Ryukyu kingdom and the Chinese had.

Upon entering the garden, visitors turn along walkways migrating through three authentically crafted Chinese-themed escapes representing Light, Shadow and Brilliance. The 8,500 square meter garden was designed by officials from Fuzhou City, China who wanted to replicate elements of the city's scenic areas. This garden is not designed for visitors to stay on the path though. There are several sets of stone steps throughout the garden where visitors can attain a better view of their surroundings. This is particularly true once visitors reach a majestic waterfall.

If they follow the less obvious stone path they will be guided into a series



The top of the waterfall offers an expansive view of Fukushu-en but leaves part of it hidden in the trees. The waterfall and its surrounding rock formation also offer some innovative angles for visitors by allowing them to walk behind the waterfall and look out onto the garden through a veil of water.

of caves that lead behind the waterfall to a pagoda that sits atop it. The pagoda offers views of almost the entire garden as well as the city of Naha.

Visitors may want to bring some sort of bug repellent because biting insects are known to use the garden as a hunting ground and their home.

Fukushu-en is open to the public every day except Wednesday.

To get to Fukushu-en garden exit Camp Foster's Commissary Gate and turn left on Highway 58 towards Naha. Continue about 13 kilometers to the Kumoji intersection and turn right. Travel down the road for about 400 meters until a gray wall with windows appears on the left side of the road. At the end of the wall is the entrance and across the street from it is a parking lot patrons can utilize.



The views from the top of the stone steps scattered around Fukushu-en are worth traveling off the path. This is particularly true around the main waterfall where traveling off the beaten path will give visitors an excellent view of the garden as well as Naha.



Cpl. Cody A. Cunningham, a reconnaissance man with Company C, 3rd Reconnaissance Battalion, 3rd Marine Division, III Marine Expeditionary Force, aids in creating a birds nest, pulled rope bound to resemble a birds nest, for the camp fire at the Jungle Warfare Training Center, Camp Gonsalves, Dec. 30.

Recon Marine travels around world to find calling

For years Marines have turned to the reconnaissance field looking for the most intense training available in the Marine Corps.

Cpl. Cody A. Cunningham, a reconnaissance man with Company C, 3rd Reconnaissance Battalion, 3rd Marine Division, III Marine Expeditionary Force, is one of those Marines who rose to the challenge.

However his path to becoming a Marine was a long journey which took him across the Pacific Ocean.

Born in Conway, Ark., Cunningham later moved to western Australia at the age of 11 where he attended middle and high school.

He returned to the United States in 2005 to celebrate Christmas with his family. With aspirations to be an infantryman, Cunningham took a trip to the local Marine recruiting office.

Cunningham was very adamant about becoming an infantryman, however he didn't know what type of grunt he wanted to be, he said.

After graduating from Marine Corps Recruit Depot San Diego, Cunningham went on to attend the School of Infantry where a few recon Marines came and talked to his company, according to the 24 year old.



Cpl. Cody A. Cunningham, draws out a patrolling route during training at the Jungle Warfare Training Center, Camp Gonsalves, Dec. 30.

That was when he knew exactly what he wanted out of the Corps; to become a reconnaissance Marine.

"To become a recon Marine, one must go through SOI and the Basic Reconnaissance Course," Cunningham said.

"It was worse than boot camp," he added about the BRC. "It was 10 weeks of hellacious training."

According to Cunningham, at one point in the training he was up for an entire week and received a total of six hours of sleep during that time.

"Some guys were so tired, they

were walking up to trees, trying to order food and slide their debit cards in the trees as if they were ATMs," Cunningham said. However, nothing the course threw at him slowed him down, and he finally graduated and became a reconnaissance Marine.

"I felt proud after completing all that training," Cunningham said. "I became the first person in my family in the military aside from my grandfather who was in World War II."

Just doing the basics is not the culture of a reconnaissance Marine in regards to training. Their lives, when not deployed,

consists of classes, weapons training, additional education on skills essential to mission accomplishment and countless days in the field.

"Some of the best training I ever had was in Korea and Hawthorne, Nev.," Cunningham said. "We learned how to set water charges, plant C-4 explosives and received a lot of training in live-fire exercises."

He was taught early on to continuously improve himself in every way he could, but one piece of advice has always stuck with him.

"I had a sergeant who used to always say, 'Be the guy on the poster,'" Cunningham said, referring to the images of squared-away Marines featured on recruiting advertisements.

Cunningham said, he hears those words in his head every day, driving him to excel and strive to be his best.

During his free time, Cunningham maintains his physical training and indulges in rock climbing to keep in shape. There are an abundance of rock faces he frequents throughout Nago, he said.

Whether training to be the best reconnaissance Marine he can be, or training to be at his personal best, the bottom line for Cunningham is staying at the top of his game.

IN THEATERS NOW JANUARY 15 - JANUARY 21

FOSTER

TODAY Avatar (PG13), 6 p.m.; Pirate Radio (R), 10 p.m.
SATURDAY The Princess and the Frog (G), noon and 3 p.m.; Avatar (PG13), 6:30 p.m.; 2012 (PG13), 10 p.m.
SUNDAY A Christmas Carol (PG), 1 p.m.; Avatar (PG13), 4 p.m.; Daybreakers (R), 8 p.m.
MONDAY Alvin and the Chipmunks: The Squeakquel (PG), 1 p.m.; The Fourth Kind (PG13), 4 p.m.; Avatar (PG13), 7 p.m.
TUESDAY Alvin and the Chipmunks: The Squeakquel (PG), 7 p.m.;
WEDNESDAY Alvin and the Chipmunks: The Squeakquel (PG), 7 p.m.
THURSDAY Daybreakers (R), 7 p.m.

SCHWAB

TODAY Sherlock Holmes (PG13), 7 p.m.
SATURDAY The Fourth Kind (PG13), 5 p.m.
SUNDAY The Men Who Stare at Goats (R), 5 p.m.
MONDAY-THURSDAY Closed

KADENA

TODAY 2012 (PG13), 5 p.m.; Pirate Radio (R), 9:30 p.m.
SATURDAY Planet 51 (PG), noon and 3 p.m.; Legion (R), 6 p.m.; Pirate Radio (R), 9 p.m.
SUNDAY Planet 51 (PG), 1 p.m.; Legion (R), 4 p.m.; Pirate Radio (R), 7 p.m.
MONDAY Legion (R), 7 p.m.
TUESDAY Pirate Radio (R), 7 p.m.
WEDNESDAY Sherlock Holmes (PG13), 7 p.m.
THURSDAY Pirate Radio (R), 7 p.m.

COURTNEY

TODAY Daybreakers (R), 6:30 and 9:30 p.m.
SATURDAY Alvin and the Chipmunks: The Squeakquel (PG) 2 p.m.; Did You Hear About the Morgans? (PG13), 7 p.m.
SUNDAY Sherlock Holmes (PG13), 6:30 p.m.
MONDAY Did You Hear About the Morgans? (PG13), 7 p.m.
TUESDAY Closed
WEDNESDAY The Fourth Kind (PG13), 7 p.m.
THURSDAY Closed

HANSEN

TODAY 2012 (PG13), 6 p.m.; Pirate Radio (R), 9 p.m.
SATURDAY Sherlock Holmes (PG13), 6 p.m.; Pirate Radio (R), 9 p.m.
SUNDAY 2012 (PG13), 2 p.m.; Couples Retreat (PG13), 5:30 p.m.
MONDAY Daybreakers (R), 7 p.m.
TUESDAY Daybreakers (R), 7 p.m.
WEDNESDAY Pirate Radio (R), 7 p.m.
THURSDAY Cirque Du Freak: Vampire's Assistant (PG13), 7 p.m.

KINSER

TODAY Pirate Radio (R), 6:30 p.m.
SATURDAY Planet 51 (PG), 3 p.m.; Pirate Radio (R), 6:30 p.m.
SUNDAY Planet 51 (PG), 3 p.m.; 2012 (PG13), 6:30 p.m.
MONDAY Closed
TUESDAY Pirate Radio (R), 6:30 p.m.
WEDNESDAY Daybreakers (R), 3 and 6:30 p.m.
THURSDAY Pirate Radio (R), 6:30 p.m.

FUTENMA

TODAY The Men Who Stare at Goats (R), 6:30 p.m.
SATURDAY Daybreakers (R), 4 and 7 p.m.
SUNDAY Amelia (PG), 4 p.m.; The Fourth Kind (PG13), 7 p.m.
MONDAY Sherlock Holmes (PG13), 6:30 p.m.
TUESDAY Closed
WEDNESDAY Closed
THURSDAY Closed

THEATER DIRECTORY

CAMP FOSTER 645-3465
KADENA AIR BASE 634-1869
 (USO NIGHT) 632-8781
MCAS FUTENMA 636-3890
 (USO NIGHT) 636-2113
CAMP COURTNEY 622-9616
CAMP HANSEN 623-4564
 (USO NIGHT) 623-5011
CAMP KINSER 637-2177
CAMP SCHWAB 625-2333
 (USO NIGHT) 625-3834

Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing, visit <http://www.aafes.com>.



SINGLE MARINE PROGRAM EVENTS

For more information, or to sign up, contact the Single Marine Program at 645-3681

All bus pick-up points will be at Semper Fit gyms or the Foster Fieldhouse.

FOREST ADVENTURE PARK (CAMP KINSER): JAN. 23

- 10 a.m.-1 p.m. enjoy an obstacle course through the treetops including zip lines, tarzan swings and suspended bridges. Bus fee of \$10 must be turned into the office in advance. Call the SMP office to sign up.

URUMA CITY BULL FIGHTING: JAN. 24

- Admission is ¥1,500 at the door. From 2-4 p.m. attractions include Okinawan Eisa dancers, three rounds of bull fighting, splendid Eisa intermission and dynamic displays. Transportation fee of \$10 to be turned into the SMP office by Wednesday. Call the SMP office to sign up.

VOLUNTEER OPPORTUNITIES

• 2010 CAMPOREE VOLUNTEER: SATURDAY-MONDAY

Starting at 8 a.m. on Saturday and 10:30 a.m. on Monday. Be a camp counselor assisting with activities and leading games for children while troop leaders are attending training. Letter of appreciation will be given. Transportation will be provided for volunteers is able to stay at camp through Monday. Contact the SMP office to sign up.

- Volunteer at the Marine Thrift Shop Tuesday-Thursday and Saturday.

The Marine Thrift Shop supports the SMP, and by staying thrifty, so can you!

Marine Thrift Shop
 Camp Foster, Building 5691
 645-6025
 Shop - Donate - Volunteer

CHAPEL SCHEDULE

CAMP FOSTER | 645-7486

- **Catholic:** Mon.-Fri., 11:45 a.m.; Sat., 5 p.m.; Sun., 10 a.m.
- **Christian Science:** Sun., 11 a.m., Bldg. 442
- **Eastern Orthodox:** Sun., 9:30 a.m., Vespers, Sat., 5 p.m.
- **Gospel:** Sun., 11:30 a.m.
- **Hindu:** Sat., 3:30 p.m.
- **Jewish:** Fri., Traditional, 6 p.m.; Informal: 1st, 3rd Fri., 6:30 p.m.
- **Muslim:** Fri., Prayer, 12:45 p.m.
- **Protestant:** Sun., 8:30 a.m.
- **Seventh Day Adventist:** Sat., 10 a.m.

CAMP SCHWAB | 622-9350

- **Catholic:** Sun., 5:30 p.m.
- **Protestant:** Sun., 9 a.m.

CAMP COURTNEY | 622-9350

- **Catholic:** Sun., 8 and 11:15 a.m.; Mon.-Fri., 11:45 a.m.
- **Protestant:** Sun., 9:30 a.m.

CAMP KINSER | 637-1148

- **Catholic:** Sun., 11 a.m.
- **Protestant:** Sun., 9 a.m.

CAMP HANSEN | 622-9350

- **Catholic:** Sun., 10 a.m., E. Chapel
- **Protestant:** Sun., 11 a.m., W. Chapel

KADENA AIR BASE | 634-1288

- **Catholic:** Sun., 8:30 a.m., Mass, Chapel 3; Sun., 11:30 a.m., Reconciliation, Chapel 3; Sun., 12:30 p.m., Mass, Chapel 3; Sun., 5 p.m., Mass, Chapel 2; Daily Mass, Mon.-Fri., noon, Chapel 2
- **Contemporary:** Sun., 10:30 a.m., Kadena High School
- **Gospel:** Sunday School, 9 a.m., Bldg. 856; Service 10:30 a.m., Chapel 3
- **Inspirational:** Sun., 8:30 a.m., Chapel 2;
- **Protestant:** Sun., 10 a.m., Chapel 2;
- **Traditional:** Sun., 10:30 a.m., Chapel 2;
- **Wiccan/Pagan:** Fri., 7 p.m., Bldg. 856; Sat., 6:30 p.m., Bldg. 856

CAMP LESTER | 643-7248

- **Catholic:** Sun., 8 a.m., Lester Chapel
- **Non-Denominational:** Sun., 9 a.m., Hospital Chapel; Sun., 10 a.m., Lester Chapel

MCAS FUTENMA | 636-3058

- **Catholic:** Sun., noon
- **Contemporary:** Fri., 7 p.m.; Sun., 9 a.m.
- **High school senior service:** Sat. 6 p.m.

CAMP MCTUREOUS | 622-9350

- **Gospel:** Sun., 12:30 p.m.
- **Lutheran:** Sun., 9:30 a.m.
- **Protestant Lethurgical:** Sun., 6:30 p.m.

CLASSIFIED ADS

AUTOMOBILES

'98 TOYOTA MARK II GRND REGALIA
 JCI AUG 2011,
 \$2,500 OBO
 (090)6861-7229

'95 TOYOTA ESTIMA VAN
 JCI MAR 2010,
 \$1,450
 (098)933-5338

'98 NISSAN R'NESSA
 JCI OCT 2011,
 \$2,000
 (090)8662-3563

'96 HONDA STEPWAGON
 JCI AUG 2010,
 \$1,500
 (090)6861-7242

JACKSON DKMG DINKY GUITAR, AMP, TUNER, MORE
 ALL FOR \$800 OBO
 (090)8407-5632

2000 TOYOTA BB
 JCI SEPT 2010,
 \$4,000
 (090)8662-3563

'96 NISSAN CIMA
 JCI 2011,
 \$4,500 OBO
 MANY FEATURES
 (090)9783-6447

'96 NISSAN SUNNY
 JCI NOV 2011,
 \$2,000 OBO
 (090)9783-6447

Place a FREE Ad!

PEARL DRUMS, TREADMILL, FRIDGE, ARMCHAIR, A/C
 PRICES VARY
 (090)9783-6447

Ads appearing in the Okinawa Marine are a free service to active duty military and their dependents, DoD employees and retirees. Ads are restricted to personal property or service of incidental exchange. Ads are run on a space-available basis. The deadline for ads is noon Fridays. The Okinawa Marine reserves the right to edit ads to fit available space. Please include your name and the phone number you wish published. The Okinawa Marine makes every effort to ensure accuracy but assumes no responsibility for services offered in ads. Submit ads by fax to 645-3803, or send an e-mail to okinawamarine.mcbb.fct@usmc.mil.



January 4-8

Rifle Range
 Pfc. Iain Guzinski, MALS-36, 334

Pistol Range
 no detail for this week



Richard Langdon, center, a TRX instructor at Gunner's Fitness Center, on Camp Foster, prepares his class for a workout with a leg stretch. Langdon is a hands on trainer who regularly participates in the workouts with his class.

Resisting conventional physical fitness through TRX

Story and photos by Pfc. Anthony Ward Jr.

OKINAWA MARINE STAFF

Health in today's society is a big topic and staying fit is a big priority for service members.

Sticking to a consistent workout schedule can aid in reaching an individual's dreams, but trying something new and adding diversity also has its advantages.

The total resistance exercise, or TRX, is a fitness tool that uses suspension bands to strengthen the core as well as the rest of the body's muscles, said Richard Langdon, a TRX instructor at Gunner's Fitness Center on Camp Foster.

The TRX can be set up anywhere, said Langdon. It can be wrapped around a tree, attached to a door or wrapped around a pole. According to Langdon, it is a very versatile piece of equipment.

"A typical TRX workout is anything that you can make it," he said. "There are a wide variety of exercises that can be performed using this suspension training system."

"The TRX uses your own body weight as resistance to train and strengthen your body and can be used by any person of any age," said Langdon. "I will go in my backyard and even do it with my kids."

One way to increase the intensity of a work-



The class performs pectoral flies. Classes are on Camp Foster every Tuesday and Thursday at 5:15 a.m. and 5:15 p.m.

out is to do alternating exercises for set time intervals, said Langdon. With the TRX one can even concentrate on a specific muscle and slow down the tempo of a workout.

With the potential for intensity and the benefits a person can get from this workout, people would think that the bulk of TRX classes are filled with Marines especially males, said Langdon.

"The majority of people who come to TRX workouts are women," said Langdon. "I think the only reason that happens is because a lot of men don't feel they can get a good workout from a 'Body by You' class or a spin class."

"When the guys do come out at first they kind of laugh and think what is this strap go-

ing to do," said Langdon. "As soon as they get 30 minutes into it they are sweating and can't believe they are getting worn out."

Wendell Johnson was among the small number of men in the TRX reiterates Langdon's feelings.

"TRX is a hidden and great workout that people don't know about," said Johnson, a hospital corpsman assigned to the U.S. Naval Hospital Okinawa.

If the same workout is getting boring or trying something new is on the radar, getting in shape with the TRX may be the exercise to add in one's arsenal of fitness.

"You can't knock it until you try it," said Langdon.